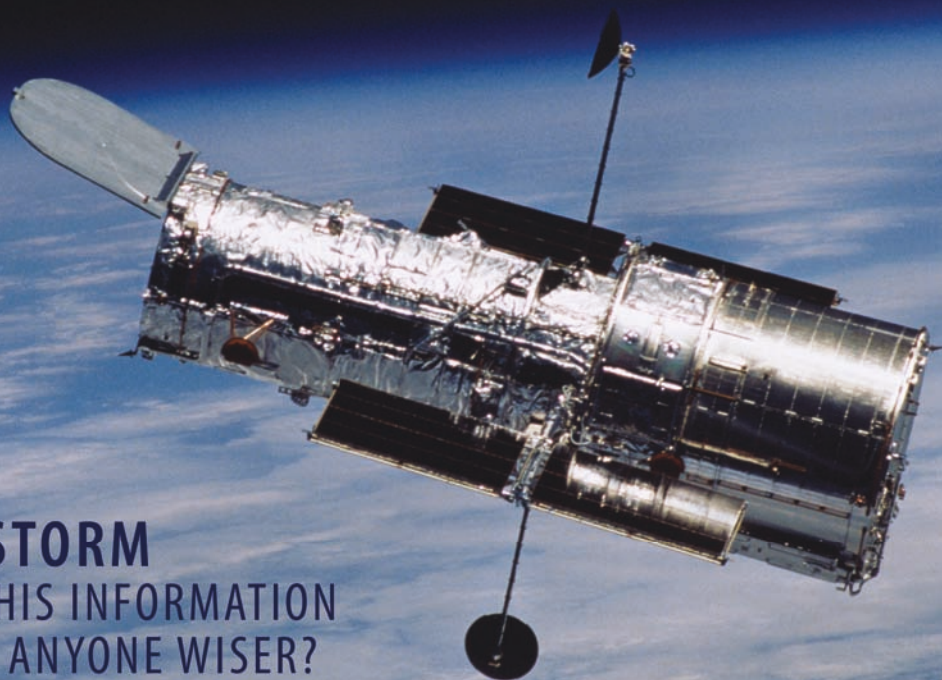


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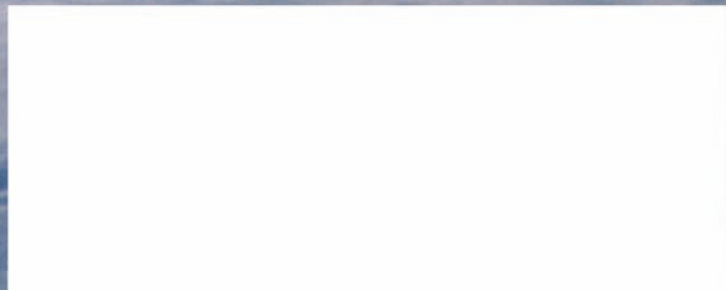
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# Legion

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EDT April 19 at [facebook.com/americanlegionhq](https://www.facebook.com/americanlegionhq). Photo by Lucas Carter

*The American Legion Magazine*, a leader among national general-interest publications, is published monthly by The American Legion for its nearly 2 million members. These wartime veterans, working through 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.





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U.S. Navy photo by Mass Communication Specialist 1st Class Fred Gray IV

### 'Worth the Cost'

I want to thank Alan W. Dowd for researching and writing the article about alliances (February). While the United States may pay more than its share of defending other nations, it is comforting to know that in proportion to the GDP of the nations involved it is not as bad as many people think. I read the magazine almost cover to cover each month, and I commend you on keeping it interesting and informative.

— James L. "Jim" Ratledge, Charleston, S.C.

Alan Dowd fails to compare countries' budget surpluses, which reveal how badly Germany has shortchanged NATO. Of all NATO members, Germany has had an overall budget surplus for years and has blatantly failed to meet the 2 percent NATO military budget goal. After all the Allies did for Germany during and after World War II, its substandard contribution to NATO is a disgrace and slap in the face to those countries that paid a great cost in Allied lives.

— Lawrence Smith, Bloomfield, Conn.

North Korea, Venezuela and a few other terrorist states are contributors to Russian, Chinese and Iranian global aggression. There is no question that we must maintain strong alliances with our partners in Europe and the Pacific.

In 2018, our allies finally awoke and there appeared to be a newfound commitment to

increase their defense spending to meet these threats. No doubt, at that time, strong negotiations with our allies brought about that change.

— William Lightbody, North Babylon, N.Y.

### 'The Journey Inward'

I read Jeff Stoffer's article (February), and learned a lot about how shocks to the brain (even those with no physical signs) can be life-changing and even life-threatening. When President Trump downplayed injuries to our soldiers in Iraq after Iran fired missiles at their base, it appeared naive at best and self-protecting at worst.

— Dave Cramp, Kissimmee, Fla.

Transcendental meditation is not new to the military. While serving at the Pentagon in the mid-'70s, there was an active TM club that met weekly at lunch hour with a guest speaker and a 15-minute meditation before going back to work. It



was helpful in the Pentagon's high-stress environment, and I still meditate daily.

– Dave Kessler, Gulf Breeze, Fla.

### **'Doctor, Surgeon, Soldier'**

Congratulations on Leon E. Bates' excellent article that chronicles the life and service of Lt. Col. Joseph H. Ward (February). African-Americans have served with distinction and valor since our earliest days (see Emanuel Leutze's famous painting "Washington Crossing the Delaware" and notice the oarsman to the general's right). Far too often their service has been trivialized, ignored or even demeaned. Bates reminds us that fortitude, service and patriotism have no color barriers. Well done on his work to memorialize this American hero.

– Ray Butkus, Bethlehem, Conn.

Leon Bates' article is brilliant and timely. Joseph Ward's life is certainly one to emulate, especially for African-American youth who seek to become medical doctors. At 13 percent of the U.S. population, African-Americans make up only 4 percent of medical doctors. In February 2019, according to the Association of American Medical Colleges, only 7.7 percent of med school students identified themselves as African-American or black.

– Arthur James, Riverside, Calif.

### **Government and drug prices**

Before Reps. Frank Pallone and Michael Burgess try to figure out how to put new legislation in place to help lower drug costs

(Big Issues, February), perhaps they should try to re-do what their colleagues in Congress undid back in the mid-'80s. Prior to that, prescription medication was not allowed to be advertised on TV or radio. Suddenly the public was lambasted with ads for every kind of medication you can imagine. Every Tom, Dick and Harry was an expert on every medical situation and asking their doctors to prescribe this or that medication for whatever ailment they had.

As a result, our medical professionals have to be the bad guy and say no to the patient or acquiesce and prescribe the medication even though it is not appropriate. We are brainwashed by pharmaceutical companies, and doctors are caught in the middle. There is a magic pill for everything and Joe Public knows just what he needs to make him feel better.

– John Magnino, South Hadley, Mass.

Pallone and Burgess have not considered all reasonable approaches to drug costs, which are higher here than in other developed nations primarily because they have government health care and the government decides what it will buy and what it will pay. Drug companies accept the offered price or do not sell in that country. We are essentially subsidizing drug development and sales for the rest of the world. There might be some justification for countries like Bangladesh and Honduras, but not Germany and England.

I suggest a statute that prohibits any drug company

from selling any drug to any American that costs more than an average of the cost to a specific list of other developed nations. Take the average sale price to Germany, Great Britain, Canada, France, etc., and that becomes the maximum price in United States. Companies will hold out for more realistic prices from those other countries, prices that allow them to stay in business and pay for the cost of new drug development.

The cost to other developed countries would go higher; ours would go down. The subsidy goes away. The government cannot dictate prices. Private insurance prices go down too. The benefit passes to all drug purchasers in the United States, not just the government. Third World countries can still get special treatment.

– Will Kernen, Rockbridge, Ohio

U.S. drug and medical costs are many times higher than other countries because of multimillion-dollar lawsuits. Nowhere else in the world do people get to sue over anything and win, or settle for, large sums of money. However, if you limit those lawsuits, you will put out of work thousands of employees of hospitals, clinics and doctors' offices who do nothing but make sure every patient signs all those release forms, and all the insurance employees who have their jobs because of malpractice suits – not to speak of lawyers. You won't hear a politician speak of this when discussing drug and health-care costs.

– Fred Surman, St. Charles, Mo.

### **THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS**

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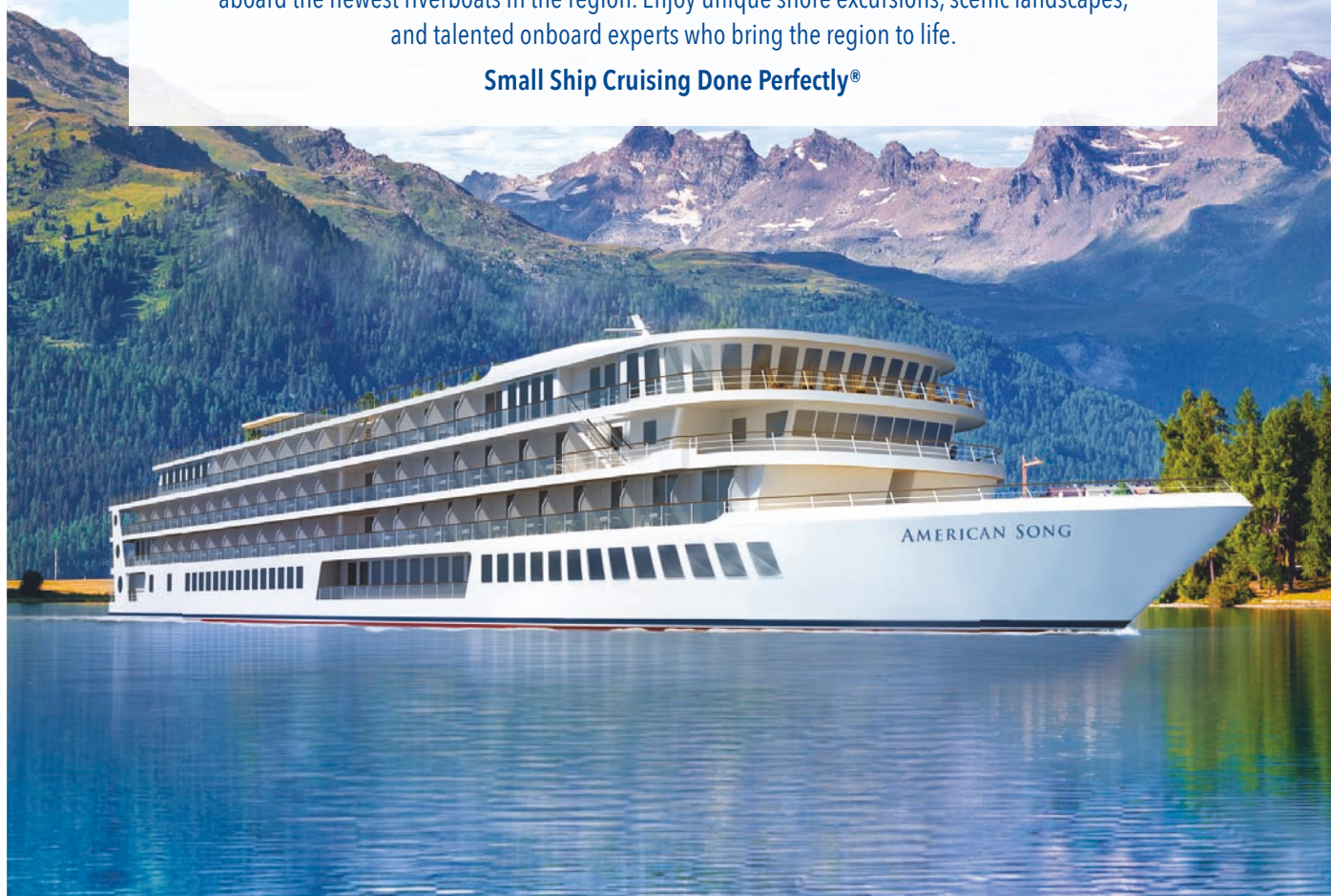


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# Our most precious resource

Since our founding, The American Legion has established itself as the most influential voice for veterans in the United States. But it is our advocacy for the youth of America that truly differentiates us from other organizations.

Our faith in young people was established early on, when members passed a resolution in support of Boy Scouts of America at our first national convention in 1919. Today we are one of Scouting's biggest supporters, with American Legion posts chartering more than 2,400 units made up of approximately 58,000 youths.

While there is no doubt that some of our well-known youth programs like American Legion Boys State, Boys Nation, Legion Baseball, Junior Shooting Sports and the Oratorical Contest attract exceptionally talented young people, other programs such as Temporary Financial Assistance and the American Legion Legacy Scholarship benefit those who are in need or have suffered substantial losses.

Moreover, the American Legion Child Welfare Foundation educates the public about topics such as Huntington's disease, juvenile diabetes, shaken-baby syndrome, autism and other conditions. Since 1954, CWF has provided more than \$17 million in grants.

The halls of Congress, corporate boardrooms, university campuses and the National Baseball Hall of Fame are filled with American Legion youth alumni. The American Legion Auxiliary has made a similar impression through Girls State, Girls Nation and other youth programs. Our support for these young people is often repaid by their future support for veterans.

Such is the case of film producer Lane Carlson, who played Legion Baseball for Post 491 in Bayport, Minn. His 2017 award-winning film "Battle Scars" compassionately portrays the struggle and transition of a seriously wounded Marine who served in Afghanistan.

"My exposure to the American Legion Baseball program definitely played a role in my support for veterans," Carlson said at the film's debut. "I feel this film allows me the opportunity to give back to The American Legion."

The writer and director of "Battle Scars," Danny Buday, is an alumnus of California American Legion Boys State. Echoing Carlson, he said, "My exposure to Boys State as well as my involvement in the Civil Air Patrol definitely played a role in my support for veterans and my desire to create a film that would resonate with veterans."

From sponsoring Junior ROTC units to law cadet programs, The American Legion fulfills the legacy of our organization's founders, who valued young people enough to include them among our four pillars of service. It's a legacy that continues to grow, as seen recently with the creation of the American Legion Veterans & Children Foundation.

April is Children & Youth Month. It's a great time to lend your support to programs at your American Legion post or to visit the national website, [legion.org](http://legion.org), and learn about how The American Legion has made a difference for countless young people.

*James W. "Bill" Oxford*



National Commander  
James W. "Bill" Oxford

## MEMORANDA

### THE AMERICAN LEGION MEDIA ALLIANCE

The new American Legion Media Alliance (TALMA) is offering six free months of membership and entry into two annual contests. Members will receive a press credential and lanyard, resources, training and more.

TALMA is open to anyone who is a current member of any branch of the American Legion Family. It is intended for members who handle media, including but not limited to public relations, websites, social media, newsletters, and more at the post, district, county or department levels.

Go to [legion.org/talma](http://legion.org/talma) for more information and to join.

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Fatheads are wall clings that stick to surfaces without damaging them when they are moved and reused. Created for The American Legion's centennial celebration, eight different Fatheads are available through Emblem Sales, from a display of the organization's four pillars to new and vintage preambles and American Legion Family logos in a variety of sizes.

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# A FOUNDATION OF **HOPE**

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I wouldn't have known where to go.**

*Korean War Army veteran Willie Alvin Cousin,  
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VA disability benefits after his case was reopened  
and won by American Legion Department  
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**These were important things.  
It helped them not get behind  
in their rent... It helped them  
put food in the refrigerator.**

*Coast Guard Vice Commandant Adm. Charlie Ray  
after American Legion Temporary Financial Assistance  
helped more than 3,120 children whose active-duty families  
were affected by the federal government shutdown*



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# STILL SERVING AMERICA

YOUR AMERICAN LEGION AT WORK

**“Anything we can do to make life more pleasant for these veterans is what we like to do.”**

**Department of Indiana Commander Allen Connelly**, on the American Legion Operation Comfort Warriors (OCW) program's delivery of nine smart TVs to the Indiana Veterans Home in West Lafayette on Jan. 24



## SERVING VETERANS



**\$192,000**

Amount in OCW grant dollars used to purchase comfort items for sick, wounded or disabled U.S. military personnel and veterans in 2019



**3,977**

Veterans, troops and spouses who received employment assistance through American Legion-conducted or supported job fairs in January



**\$7,600**

Amount in American Legion National Emergency Fund grants distributed in January to veterans and posts affected by the earthquake in Puerto Rico and flooding in North Carolina

## SERVING YOUTH



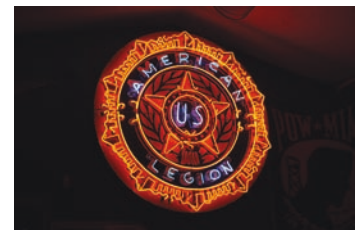
**25**

Minor children helped through American Legion Temporary Financial Assistance grants in January. The \$15,501 in emergency funding helped families of U.S. military personnel and veterans pay for shelter, utilities, food and clothing.



**\$176,582**

Amount in American Legion national youth scholarships distributed to 32 students in January



**6**

New American Legion posts chartered in January – two in Ohio, and one each in Arkansas, Alabama, California and Washington



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## JENA WILMERS

After her time in the Michigan Army National Guard, Jena Wilmers wanted to serve her community and fellow veterans, leading her to join Neal E. Fonger Post 179 in Walker, Mich.

"My love for The American Legion is rooted in my faith," Wilmers says. "I have a servant's heart."

In 2016, she launched the post's Veterans Day Student Education Program, an annual event in which American Legion Family members bring to life prominent characters in military history for area fourth- and fifth-graders.

To date, the program has brought nearly 1,000 children into Post 179 to learn about Rosie the Riveter, Civil War photographer Matthew Brady, "Poppy Lady" Moina Michael, World War I military dog Sgt. Stubby, Korean War horse Staff Sgt. Reckless, the Tuskegee Airmen and more. The West Michigan Military Round Table Association brings in military uniforms, weapons and other items for hands-on learning, while the Michigan Army National Guard lands a Black Hawk helicopter outside the post.

The event has made a lasting impression on students, says Wilmers, who hears from teachers that "the kids beg to attend the program again and even talk about it months later."

Wilmers is now commander of the recently chartered Stars & Stripes Post 1111 in Walker, where she plans to continue the event as one of the post's youth programs. Not only do educators see its value, but she is passionate about instilling patriotism in the next generation.

"Through the program, I pray that each student is inspired to uphold the Legion's Americanism and Children & Youth pillars."

— Cameran Richardson

**BRANCH OF SERVICE** Army National Guard  
(2006-2014)

**RANK** Specialist

**MILITARY JOB** Aviation unit weapons  
and supply specialist

**AMERICAN LEGION POST** Stars & Stripes  
Post 1111, Walker, Mich.

**YEARS IN THE AMERICAN LEGION** 8

### AMERICAN LEGION ACTIVITIES

- Post 1111 commander (2020-present)
- Post 179 adjutant (2017-2020)
- Post 179 first vice commander (2014-2015)
- Post 179 second vice commander (2013-2014)
- District senior vice commander (present)
- District junior vice commander (2019)
- Department Media & Communications Committee member (2019-present)

*"The American Legion provides  
a platform where I can give back."*

Watch an interview with Jena Wilmers online:

 [legion.org/magazine](https://legion.org/magazine)

See an archive of past interviews:

 [legion.org/iamlegion](https://legion.org/iamlegion)



Photo by Ben Mikesell



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# The Right to Organize bill



## SUPPORT

**Rep. Debbie Dingell,  
D-Mich.**

■ Dingell is a member of the House Committee on Energy and Commerce.

Strong labor rights and the ability for workers to collectively bargain for pay and benefits are critical to building a middle class for hardworking men and women. Unfortunately, many of these worker rights have been weakened in recent years, and as a result wages for middle-class Americans have remained stagnant.

Labor rights are fundamental in helping drive improvements in pay and benefits for Americans.

Just look at the 40-hour work week. A union earned that for hardworking men and women across the country. We enjoy benefits of union negotiations every single day: a safe working place, health-care benefits, family leave, vacations, student-to-teacher ratios in schools and patient-to-nurse ratios in hospitals, just to name a few.

Protecting workers' freedom to negotiate is key to helping address income inequality and stagnant wages. I will always stand up for workers' rights, which is why I support the Protecting the Right to Organize (PRO) Act.

Introduced last year by Rep. Bobby Scott, D-Va., this legislation will strengthen labor rights and improve collective bargaining rights for newly formed unions. All workers want is a fair shake. That's a right afforded to every single hardworking man and woman. We must do everything in our power to ensure they have that opportunity.

It is as important as ever that American workers' rights to organize a union and negotiate higher wages and benefits are protected. We all are better for it.



## OPPOSE

**Rep. Kevin Hern, R-Okla.**

■ Hern is a member of the House Committee on Small Business.

The Protecting the Right to Organize (PRO) Act guts right-to-work laws across the country. If this bill passes, it would devastate states like my home, Oklahoma.

Something I've learned in Congress is that

experience matters. Many of my Democratic colleagues who support this bill have never run a business or created a job. I was a small-business owner for 30 years; when I talk about labor issues, it comes from decades of personal

experience. I know how these issues affect our workforce because I've lived it.

Giving unions the power to penalize workers for not paying union dues, regardless of union membership, this bill would upend decades of American legal precedent. It strips workers of the choice to be independent and violates individual privacy by granting unions access to the private information of members and nonmembers alike. This invasion of privacy should be a concern to everyone.

American workers deserve legal protections that keep them safe. Intimidation tactics and coercion have no place in our workforce. Each person deserves the right to decide whether to join a union, just as they have the right to choose where to shop or who to vote for.

A bill that benefits Big Labor and fattens union wallets will never help the average American worker.

Times have changed, and so has our workforce. We need modern solutions for a modern world. Congress must keep up. That means focusing on our workers and opposing the PRO Act.

## THE HEART OF THE ISSUE

*Supporters of the Protecting the Right to Organize Act say it would strengthen federal laws that protect workers' right to organize a union. Critics say it would benefit labor unions at the expense of employers and employees.*

## CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121



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— J. Fitzgerald, VA



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# HOLD THAT THOUGHT

*Memory problems aren't always a sign of dementia.*

BY BETH W. ORENSTEIN

Media Bakery

Becoming forgetful? Can't remember some names, dates, places? Don't assume your memory problems are a sign of Alzheimer's disease, the most common type of dementia.

"There are a variety of conditions and events that contribute to memory loss," says Ronald Petersen, director of the Mayo Clinic Alzheimer's Disease Research Center in Rochester, Minn., and the Mayo Clinic Study of Aging.

Here's a look at other possible causes:

- **Aging** As you get older, all parts of your body change, including your brain. You may notice that it takes you longer to learn new things or that you can't remember where you put everyday items such as keys or glasses. These are likely signs of mild forgetfulness and not serious memory problems.
- **Medical conditions** Some medical conditions – including pneumonia, urinary tract infections and COPD – can make your memory worse, Petersen says. These diseases can affect the brain indirectly.
- **Stroke and vascular disease** A stroke can cause changes in memory, thinking or movement. Other conditions, such as diabetes or high blood pressure, can damage blood vessels and eventually lead to problems with memory or thinking skills.
- **Medications** Certain medications you may be taking to treat health conditions can cause memory loss and a foggy brain, Petersen says. Bladder medications are a common one. But over-the-counter medications such as Tylenol PM (acetaminophen) and antihistamines such as Benadryl (diphenhydramine) may impair your memory, too, as well as other prescription and over-the-counter sleep aids.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

■ **Sleep disorders** Disrupted sleep, as with obstructive sleep apnea, can take a heavy toll on your brain and heart. Sleep deprivation can cause damage to neurons that lead to memory loss and other thinking issues, Petersen says.

■ **Vitamin deficiencies** If you don't consume enough vitamins and minerals, your brain isn't nourished and its ability to function decreases. Studies show that low levels of vitamin B12 in particular can cause dementia-like symptoms.

■ **Substance abuse** Overuse of alcohol and opioids is a big reason that many people experience memory loss or forgetfulness, if only for a short time. "A glass of wine or beer a day is probably not the end of the world, but if it spirals up it can be problematic," Petersen says. Alcohol can also impair your memory by interacting with your medications.

■ **Depression** When you are depressed you can exhibit some dementia-like symptoms, including forgetfulness, disorientation, inattentiveness and slowed responses.

■ **Thyroid disease** Both underactive and overactive thyroid disease can cause dementia-like symptoms in some people.

■ **Head injury and brain tumor** Concussions and other brain injuries can mess with your concentration and thinking skills. Tumors, blood clots and infections in your brain can also cause memory loss and other cognitive issues.

Fortunately, many of these conditions are treatable, and once they are treated your memory should start to improve, Petersen says. Consult your physician if you demonstrate signs of memory loss or if loved ones have concerns about your memory.

*Beth W. Orenstein, a freelance medical writer in Northampton, Pa., is a frequent contributor to Living Well.*





# Treating your COPD and still struggling?

Chronic productive cough?  
Repeated antibiotic use for chest infections? Repeat hospitalizations?



RespirTech COPD patients reported after one year of vest therapy with the InCourage system<sup>1</sup>:



Hospitalization rate decreased **↓ 52%**



Ability to clear lungs "good-excellent" rating increased **↑ 55%**



Respiratory health "good-excellent" rating increased **↑ 36%**

InCourage vest therapy is a drug-free way to clear excess mucus from the lungs. Ask your doctor if the InCourage system may be right for you. For a vest therapy information kit, call 833.208.5324 or visit [www.respirtech.com/VA](http://www.respirtech.com/VA).

**We change lives. We help people breathe better.**

1. Methodology: Phone surveys at regular intervals with COPD patients using the InCourage system, as part of a subset of the overall RespirTech bronchiectasis outcomes registry. Data collection began in 2013. As of 11/31/18, 154 patients completed the baseline survey; 108 patients in 1-month cohort; 89 in 3-month cohort; 70 in 6-month cohort; 43 in 12-month cohort.



## The 10,000 steps myth

For years, we've been told to walk at least 10,000 steps per day for our health. Personal fitness devices like Fitbit, smartphone apps and even health insurers use 10,000 as a benchmark for healthier living. But as *The Atlantic* reports, new research is calling that number into question.

A study published in *JAMA* explores the origins of the 10,000-step standard, as well as its purported health benefits.

"It turns out the original basis for this 10,000-step guideline was really a marketing strategy," writes I-Min Lee, the study's lead author and a professor of epidemiology at Harvard University's T.H. Chan School of Public Health. "In 1965, a Japanese company was selling pedometers, and they gave it a name that, in Japanese, means 'the 10,000-step meter.'"

Lee concluded that the name was chosen because "the character for '10,000' looks sort of like a man walking ... the actual health merits of that number have never been validated by research," *The Atlantic* reports.

Lee observed the step totals and mortality rates of more than 16,000 elderly U.S. women and found that at just 4,400 steps per day, they had significantly lower mortality rates compared to the least active women. If they walked a little more – up to around 7,500 steps per day – their mortality rates continued to fall. However, after that point the mortality rates leveled off.

Lee's research found that increasing daily physical activity by as little as 2,000 steps – less than a mile of walking – was associated with positive health outcomes for the elderly women.



## FOODS TO FIGHT high blood pressure

With almost half of U.S. adults experiencing high blood pressure, and the number of deaths linked to the condition up by some 38 percent, *Better Nutrition* suggests some foods you can use to manage blood pressure through diet.

▪ **Beet greens** are rich in magnesium, antioxidants and potassium, a mineral that balances the effects of sodium in the body. Several studies link dietary potassium with reduced blood pressure.

▪ **Pomegranates** are high in polyphenols, antioxidants with a beneficial effect on blood pressure and cardiovascular disease. "In one study, people who drank a cup or more of pomegranate juice daily showed a decrease in both systolic (the maximum pressure your heart exerts while beating) and diastolic (the amount of pressure in your arteries between beats) numbers," *Better Nutrition* reports.

▪ **Flax** is high in omega-3 fats, lignans and fiber, all of which help protect against high blood pressure. In one study, people with hypertension who ate flax for six months showed a reduction in both systolic and diastolic blood pressure.

▪ **Pistachios** are rich in healthy fats, plus magnesium, potassium and other compounds that reduce blood pressure.

▪ **Beets** are high in polyphenols and nitric oxide, a compound that reduces inflammation and promotes vasodilation (widening of arteries) to reduce blood pressure.

▪ **Hibiscus tea** is rich in phenols and anthocyanins, antioxidants that help normalize cholesterol and lower blood pressure.

▪ **Yogurt** and other dairy products may protect against high blood pressure. One review reported a link between low-fat dairy, especially yogurt, and a reduced risk of hypertension.

▪ **Wheat berries** and other whole grains are high in fiber and other compounds that protect against high blood pressure.

For recipe ideas, visit [betternutrition.com](http://betternutrition.com).



## Cancer rate down

The U.S. cancer death rate dropped 2.2 percent between 2016 and 2017 (the most recent year available). As *The Wall Street Journal* reports, this marks the largest single-year drop ever recorded. "The drop is largely driven by progress against lung cancer, though the most rapid declines in the report occurred in melanoma," according to the *Journal*. "Advances in treatment are helping improve survival rates in the two cancers."

Cancer is the nation's second-leading cause of death, just behind heart disease.



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*Dave Schaible, Dave "Chip" Forward, Doug Grimes, Dan Smith and Jerry Edwards, from left, stand in front of a scale model of the Hubble Space Telescope at Goddard Space Flight Center in Greenbelt, Md. Photo by Josh Marshall*





# THE PEOPLE'S TELESCOPE

*Veterans are a key part of the team that keeps the Hubble Space Telescope operational, a decade past its expected lifespan.*

BY MATT GRILLS

**T**hirty years ago this month, the Hubble Space Telescope entered orbit. Sold as a revolutionary tool that would look seven times farther into the universe than humanity had seen, scientists – and the public – were crushed when the first images beamed back were blurry. The telescope's primary mirror was too shallow by 2 microns – a fraction of the width of a human hair.

A shuttle mission in 1993 installed corrective instruments, “and ever since then it's been non-stop, discovery after discovery,” says James Jeletic, Hubble's deputy project manager.

It's no exaggeration to say Hubble has been a game-changer for astronomy, answering big questions (black holes, star and planet formation, the age of the universe) and raising others (dark energy). Today the telescope is doing what its creators never imagined, peering into the atmospheres of exoplanets and finding new, icy bodies at the edge of our solar system.

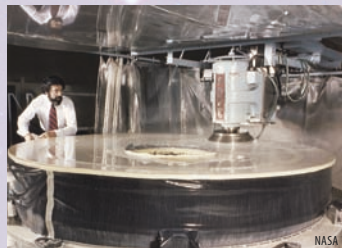
“We're creating more papers with the archived data than with new data coming in because we have so much of it,” Jeletic says. “Even better, Hubble still has redundancy in all its critical systems, so we believe we can keep it making groundbreaking scientific discoveries into the late 2020s and beyond.”

Pretty good for a telescope that was projected to last 15 years. Thanks to the dedication of the Hubble mission operations team at Goddard Space Flight Center in Greenbelt, Md. – which includes over a dozen veterans – the legendary telescope is at the peak of its powers.

**1946** Astrophysicist Lyman Spitzer proposes the idea of a large space-based telescope.

**1974** Astrophysicists and engineers meet to develop concepts for the Large Space Telescope, as well as budget and technical requirements.

**1977** Congress approves funding for the Large Space Telescope project.



**1978** Grinding for the telescope's 7.9-foot primary mirror begins.



**1983** The telescope is renamed for astronomer and World War I veteran Edwin Hubble.

**1986** The loss of *Challenger* delays the telescope's launch until space-shuttle flights resume.

**1990** The Hubble Space Telescope is deployed from space shuttle *Discovery*. Two months later, NASA announces a spherical aberration in Hubble's primary mirror.

**1993** Hubble's first servicing mission aboard *Endeavor* installs new instruments to correct the mirror's spherical aberration.



**1997** A second servicing mission installs a near-infrared camera and imaging spectrograph, improving Hubble's productivity.

**1999** A third servicing mission rescues Hubble after it enters “safe mode,” installing a new computer and gyroscopes.

**2002** A fourth servicing mission replaces Hubble's power control unit, and installs the Advanced Camera for Surveys (ACS) and new solar panels.



**2009** In the fifth and final servicing mission, astronauts aboard *Atlantis* install the Wide Field Camera 3 and Cosmic Origins Spectrograph, and conduct the first-ever in-space repair of scientific instruments. They also replace batteries, gyroscopes and other hardware.



## DAVE SCHAIBLE, ground systems engineer

Hubble's software platforms are updated all the time, and as a tester, Dave Schaible identifies problems for developers to fix. He's also one of eight people who sends commands to the telescope.

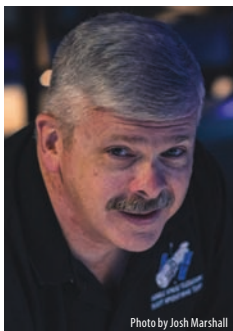
When he retired from the Army in 2004, Schaible was working as a satellite controller,

so for him, communicating with NASA's premier observatory is just another day at the office. "When I first trained others here, their hands would shake while they were trying to type, and it's like, 'Relax, breathe.' I just had a different background coming in."

Schaible grew up during the space race, watching the moon landing and, later, Carl Sagan's "Cosmos." He's proud every time a new Hubble discovery is announced, though it's as much a surprise to him as it is to the public. "When it passes through here," he says, "it's just zeros and ones."

Operating with vintage computing systems, Hubble has a unique language. But it's still the biggest name in satellites, producing data that scientists will be examining for decades, Schaible says.

"Hubble launched with 64 kilobytes of memory. Now we've got 2 megabytes up there. Forget that my phone has 64 gigabytes! But Hubble does a lot with very little, which is great."



## JERRY EDWARDS, flight controller/mission engineer

Though Hubble's operations went automated in 2011, Jerry Edwards and his colleagues send up commands when necessary. Often that's uploading a new ephemeris – letting the vehicle know where it's at in space so it can orient itself correctly – or a program from the Space Telescope Science Institute (STScI) in Baltimore, which guides Hubble's science operations.

When the telescope is having difficulty acquiring stars or needs attention, Edwards hears about it. "It's an inanimate object I can't touch, but it's a vital piece of my life," he says. "It sends me pages at night when I'm the on-call guy."

A retired master sergeant, Edwards began his Air Force career as a radio operator and ended it flying satellites. He's worked for Hubble since 2005 and appreciates how the project "takes all that science and puts it in a form anybody can appreciate."

For 30 years, the telescope has given taxpayers the most bang for their buck, he says. But with every orbit, it's dropping ever so slightly. The Hubble team remains optimistic, predicting at least another decade of life.

When the end does come, "it's going to be hard walking away," says Edwards, a member of Harford American Legion Post 39 in Bel Air, Md. "But the James Webb Space Telescope is coming around, and another one called WFIRST. They're going to carry on Hubble's legacy."

# Hubble's discoveries

## The age of the universe

Before the Hubble Space Telescope helped scientists refine celestial distances, the expansion rate of the universe was imprecise, with estimates of its age ranging from 10 billion to 20 billion years. Hubble has helped narrow that down to approximately 13.8 billion years.

## Dark energy

Hubble's observations show that the universe is not slowing down or constant, but accelerating. Many scientists believe this is caused by dark energy, a sort of "antigravity" that pushes galaxies apart by stretching space at an increasing speed.



NASA/ESA/Hubble Key Project Team/  
High-Z Supernova Search Team

## Extrasolar planets

Ground telescopes have discovered hundreds of worlds orbiting other stars, but Hubble was the first telescope to measure the atmospheric composition of an exoplanet, detecting sodium in the atmosphere of a planet 150 light years away. Hubble has since detected water, oxygen, carbon dioxide, helium, methane and other gases in distant planetary atmospheres.



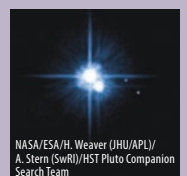
NASA/ESA/Hubble

## Black holes

Hubble provided conclusive evidence of massive black holes at the center of most galaxies, with the mass of millions or even billions of stars.

## Pluto and its companions

Hubble revealed four unknown moons orbiting Pluto: Nix, Hydra, Kerberos and Styx. Gazing farther out, into the Kuiper belt, it has found moons orbiting other objects.



NASA/ESA/H. Weaver (JHU/APL)/  
A. Stern (SwRI)/HST Pluto Companion  
Search Team



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Photo by Josh Marshall

## DOUG GRIMES, flight controller/mission engineer

At any time, Hubble is sending out 7,000 pieces of telemetry – temperature, pressure, all kinds of numbers. As mission engineer, Doug Grimes reviews it all, including the science data before it goes to the Space Telescope Science Institute.

“I make sure there aren’t any problems with it,” he says. “Sometimes it may require a program to fix it or for Hubble to

dump a piece of data again. It’s all about the science.”

Grimes is a former Marine Corps reservist and a second-generation NASA employee. His father, David, was a project manager for the Delta rocket. “He loved his job. We’d go to the beach and he’d be down the street on a payphone talking to work. So it’s in my blood.”

In his 20 years with Hubble, Grimes’ favorite moments include meeting the astronauts who touched the telescope in orbit. Just prior to the fourth servicing mission in 2002, he was in the control center when two of them came in and said, “Hey, we want to sit in the chair of the guy who commands the Hubble Space Telescope.”

“Those guys are larger than life,” he says. “That just made my day.”

From Grimes’ perspective, Hubble is the greatest of NASA’s observatories. “I can’t imagine they envisioned it’d be up there 30 years, but here we are with another 10, 15 years left. It’s changed how we think of ourselves and where we fit in the universe.”



NASA/Rebecca Roth

## DAN SMITH, systems engineering manager

A Navy and Air National Guard veteran, Dan Smith has been at the Hubble project since 1996, just before the second servicing mission. As systems engineering manager, he assesses the vehicle’s health and safety with a team of 15 or so engineers and specialists he can call in. “When something breaks, we find work-arounds,” he says.

Prior to Hubble, Smith worked at Johnson Space Center in Houston – specifically, mission operations for the shuttle program, payloads branch. One of those payloads was Hubble, so when a job opened up at Goddard, he was already familiar with the telescope.

“It’s a tremendous engineering challenge, but it was built like a Cadillac,” he says. “Some of our hardware is launch hardware that was sitting on a shelf since the mid-’80s. It’s working like a charm, most of it. We’ll get some key components that are troublesome, but for the most part, it’s a wonderful platform. Very well designed.”

With only a few years until his retirement, Smith expects Hubble to outlast him. The telescope is on its last three gyroscopes, one of which has been going strong since the last servicing mission in 2009. “It’s been running for 11-plus years now,” he says. “That’s a lot of run time. We’re hoping to get the same performance out of the other two gyros. We should be able to make the year 2030.”

# Best of Hubble

For 30 years, the Hubble Space Telescope has stared into the universe and sent back photos of jaw-dropping beauty: nebulae, star clusters, distant galaxies, and Earth’s closest neighbors. Here are a few of the most iconic, with many more at [hubblesite.org](http://hubblesite.org).



*“Holiday Ornament” nebula (2012)*  
NASA/ESA/Hubble Heritage (STScI/AURA)

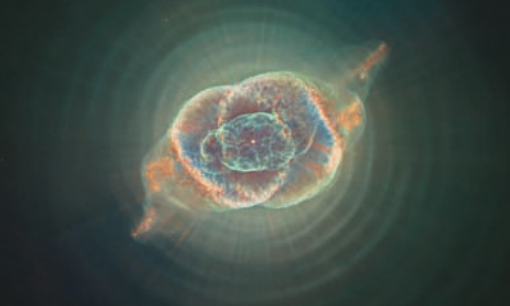


*eXtreme Deep Field, revealing about 5,500 galaxies (2012)* NASA/ESA



*Crab Nebula (2005)*  
NASA/ESA/J. Hester & A. Loll (Arizona State University)

*Cat’s Eye Nebula (2008)*  
NASA/MST/STScI/AURA/Vicent Peris (OAU/P/Team)







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Photo by Josh Marshall

## DAVID “CHIP” FORWARD, property and logistics manager

Military logistics and transportation experience brought Chip Forward to Hubble in 1999. “It’s a small career field, like brain surgeons,” he says, grinning. “Not a lot of people do this for a living.”

An Air Force veteran, he’s responsible for the inventory of approximately 1,200 pieces of equipment, from computer monitors and copiers to the gloves and

tools astronauts used to service Hubble in orbit. In the run-up to those missions, he also coordinated the specialized trucks, carriers and airlifts necessary to move people and parts between Goddard and other sites – “a lot of project support,” says Forward, a member of Liberty American Legion Post 122 in Owings Mills, Md.

When he catches himself taking his job for granted, Forward thinks of the bigger picture – specifically, Hubble’s famous Deep Field picture. Taken over 10 days in 1995, the image covers a seemingly empty area about one 24-millionth of the sky, or the size of a grain of rice at arm’s length.

“Pull it up online, and when you zoom in, you’ll see thousands of galaxies in what we thought was a dark spot,” he says. “Every one of them is like the Milky Way, and the Milky Way is huge. And we’re just one solar system. The mathematics is mind-blowing.”



NASA/Rebecca Roth

## CLIFF TIMPSON, senior cyber IT security engineer

Cliff Timpson is Hubble’s senior information security systems officer, responsible for protecting the telescope’s cyber infrastructure. An Army veteran, he deployed to Iraq, Afghanistan and Kuwait before going to work for the FBI. When he joined Hubble in 2017, Timpson had a degree in applied sciences and, thanks to the Post-9/11 GI Bill, one in information

systems management. He’s at work on a third, in cybersecurity policy and management. None of it is wasted at Hubble.

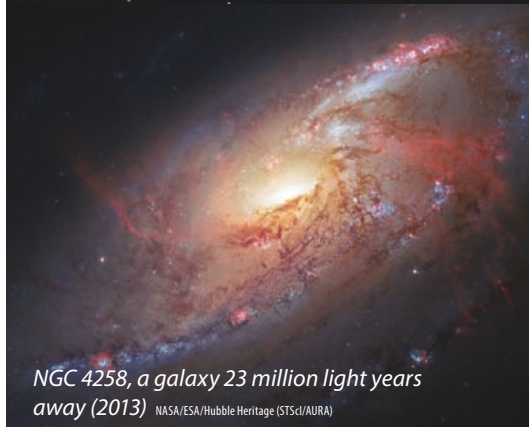
“One of the biggest challenges is the legacy software and equipment,” Timpson says. “You have to interface it with newer technology. If we need to update a piece of Hubble, we meet and get an idea of what needs done. We map it out. We test it. Then we get approval from senior management. It’s never, ‘Yeah, we’re going to do this within a week.’ It usually takes a year to get a major infrastructure change approved and completed.”

One of the Hubble team’s youngest members, Timpson was 8 when the telescope launched, and grew up in a world shaped by its advancements. Smaller and faster computer chips, clearer mammograms, image enhancement to help decipher the Dead Sea Scrolls, data-processing software used in mapping the human genome – Hubble made possible all these and more. “It’s a national treasure,” he says.



*Light echoes from a red supergiant (2002)*

NASA/ESA/Hubble Heritage (STScI/AURA)



*NGC 4258, a galaxy 23 million light years away (2013)*

NASA/ESA/Hubble Heritage (STScI/AURA)



*Orion Nebula (2005)*

NASA/ESA/Hubble Heritage (STScI/AURA)



*Eagle Nebula, “Pillars of Creation” (2014)*

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Army veteran James Brown checks operations in the boiler room at UA Local 26 Southwest Washington Pipe Trades Training Center in Lacey, Wash. Photo by Scott Spiker

# FAST TRACK

*From pipefitting to IT, the Army's Career Skills Program ensures servicemembers a smooth transition to solid civilian opportunities.*

BY KEN OLSEN

**J**ames Brown was anxious as he met with his first potential civilian employer after 20 years of combat deployments and counterintelligence work. “I never realized, until I sat down, that I hadn’t ever had a job interview,” says Brown, who had been in the Army since the day after he left high school. “The interviewer said, ‘I want to know you as a person.’ That terrified me.”

Even so, the Army prepared Brown for this sort of challenge with its Career Skills Program. He landed the job and went from leading sniper teams and doing threat assessments in combat zones to keeping the heating and air conditioning humming at a Honeywell aerospace plant.

“The change was healthy,” says Brown, a third-year HVAC/R apprentice. “I love working with my hands. I love creating. I love problem solving. But I’m also helping DoD by working for a defense contractor.”

Brown is a 2018 graduate of the United Association Veterans in Piping Program at Joint Base Lewis-McChord (JBLM) in Washington state. It was the first of 18 programs established there when job counselors, employers, trade unions and

the military joined forces to help departing servicemembers find meaningful work with living wages. “It makes that transition so much more seamless,” Brown says. “The steady platform you are stepping on allows you to continue to be the rock for your family. It lowered my stress level – and everybody else’s as well.”

**REVERSE BOOT CAMP** Career Skills was launched after the 2014 military downsizing that sent thousands of servicemembers looking for civilian jobs. But there had been a pressing need even without the dramatic force reduction because there’s always a steady stream of people leaving the military. JBLM alone sheds about 5,500 soldiers and airmen a year, many of whom don’t have experience with writing a résumé, job networking or interviewing.

“I think of it as reverse boot camp,” says William Noland, an Army veteran who manages JBLM’s Career Skills Program. “We’re giving servicemembers the opportunity to figure out what the next step is so they are employed when they get out of the military.”





Servicemembers who are transitioning out of the military and able to step away from their regular units have the option of spending their last months trying out everything from corporate fellowships to custom motorcycle repair. They may also be able to go to another military installation for training if their preferred career specialty isn't offered at JBLM.

"You name it, we can pretty much design it," Noland says. Prior to working at JBLM, he developed a program that allows servicemembers who work on airplanes and helicopters to earn their civilian FAA Airframe and Power Plant license in nine weeks instead of the normal 23 months because they get credit for experience working on military aircraft. Now it's part of JBLM's career skills offerings.

Some courses are taught on base by instructors from a skilled trade union or a vocational school. Others involve internships at companies such as Boeing, PACCAR and Amazon. Servicemembers get industry experience and the opportunity to decide whether they want a career in a particular field, Noland says. The biggest reason the program works: participating servicemembers are still on active duty during the training, and they continue to receive their standard wages and benefits. That means they don't have to worry about supporting their families while they train for their transitions to new careers.

"We've got a ground-breaking program," Noland says. "We want to show America that soldiers can come back as civilians and be successful."

It's also crucial to the long-term well-being of people leaving the military, says Peter Lahmann. His brother, Kenneth, struggled after he got out of the service and died by suicide in 1988. "He had a good job in the Army," Lahmann says. "And when he got out, he couldn't seem to get both oars in the water at the same time."

Lahmann has worked as an apprenticeship coordinator for the Laborers Union in southwest Washington and served as chairman of the Washington State Apprenticeship Coordinators Association. In honor of his brother, he volunteers at JBLM's Transition Assistance Program most Wednesdays to talk to servicemembers about the 170 apprenticeship programs available in Washington. "I was a construction trainee," he says. "Because of my brother, I want to make sure everybody has the opportunity for an apprenticeship."

Opportunities like the Career Skills Program are an American Legion priority as well. "The U.S. military is the single largest provider of education and training in the country, yet for millions of veterans there is a disconnect between the education and training they receive in the military and the

credit they receive in the civilian world," says John Kamin, assistant director of the Legion's Veterans Employment & Education Division. "For over 20 years, The American Legion has been working to overcome these barriers by convening key groups of stakeholders and coordinating the development of strategies to enhance the ability of servicemembers and veterans to access the skills training or the credentials they need to enhance their career prospects in the civilian workforce."

**PIPEFITTING FUTURE** The United Association of Journeymen and Apprentices of the Plumbing and Pipe Fitting Industry (UA) had already established a training program at JBLM when Career Skills began. The Veterans in Piping (VIP) program provides transitioning servicemembers an 18-week course in welding, HVAC/R technical services or sprinkler fitting depending upon the location, says Anders Aadland, a retired Army major general and senior consultant to VIP. There are no technical prerequisites, and most participants have no experience in pipefitting. UA pays for the training, which takes place on base, and graduates are guaranteed a job in the location of their choice as long as there's work available.

Nine VIP training programs are now offered at seven U.S. military installations, including Camp Lejeune, N.C., and Naval Station Norfolk, Va. More than 2,200 servicemembers have graduated in welding, pipefitting or sprinkler fitting. Not only does VIP help transitioning servicemembers land good jobs, it addresses a shortage of skilled workers.

"These young troops have a work ethic, discipline and values that make them a valuable resource of talent that can be invested in the construction industry's aging workforces," Aadland says.

**'JOBS IN EVERY ZIP CODE'** Truck driving is one of the most popular career skills options at JBLM. It takes the least amount of time to complete – about five weeks – and most participants have multiple job offers within a few days of starting the class. The CDL School provides the training at JBLM and near or on five other military installations as part of its Troops Into Transportation initiative, says Andrea Hanley, the company's executive vice president. She and her brother, Al Hanley III, started the program in 2012 in response to a shortage of qualified drivers.

"The trucking industry wanted to hire veterans," says Al, the company's president. "Once they found them, they lacked the basic qualification to do the job: a Class A Commercial Driver's License and proper training."



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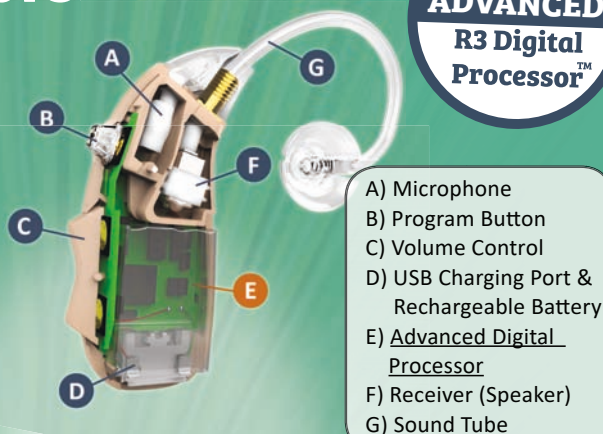


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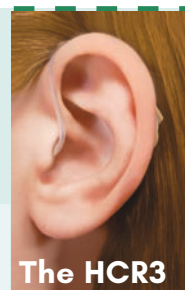
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The Hanleys have a personal connection to this work. When their father came home from his Army tour in Vietnam, he didn't have a job. But he had a commercial driver's license because their grandfather had a truck-driving school in upstate New York. That enabled their father to drive for a beer distributor and go back to college. "He was able to support his family because he had this credential in his back pocket," Andrea says.

The majority of servicemembers who enroll in Troops into Transportation don't have truck driving experience. They use a portion of their GI Bill benefits to pay for the school, but many employers offer tuition reimbursement. More than 5,000 veterans and transitioning servicemembers have completed the course and almost all work for trucking companies. "We rarely find someone who can't navigate the program," Al says. "And there are jobs in every ZIP code."

**BUSINESS TRACK** JBLM's corporate fellowship program grew out of a workforce development initiative called Camo to Commerce that was funded by a \$5 million grant from the Department of Labor, says Rob Comer, who was the civilian project manager for the program at the base. Captains leaving the Army as a result of the 2014 downsizing weren't finding jobs that matched their education and experience. Comer, an Army veteran, was asked to craft a solution. "The only thing that existed at JBLM at that time was Veterans in Piping," he says.

Camo to Commerce quickly proved its worth. Hiring Our Heroes and the Chamber of Commerce Foundation hired former JBLM commander Chuck Hodges to launch the program nationally in 2015. Comer was brought on board in 2017 to continue the expansion. Qualifying servicemembers receive three-month internships at companies such as Starbucks, Amazon, Microsoft, Boeing, SpaceX and others. Many participants also chose to earn project management certification and other credentials.

"When you boil it down, this is an internship program with a training program woven in," says Comer, a member of Pat Tillman Memorial American Legion Post 53 in DuPont, Wash.

Fellows are not guaranteed positions at the company where they intern, but 97 percent of the more than 450 fellows from JBLM landed jobs. Nationally, about 92 percent of the more than 2,500 corporate fellows have likewise found work through the program. "What I'm very proud of is that the fellowship was just an idea," Comer says of its humble beginning, "and at JBLM we were able to grow into this program."

Frank Handoe wrapped up a corporate fellowship at a Colorado Springs consulting firm last spring while transitioning out of the Army at Fort Carson, Colo. "It allowed me to focus on myself and my family and get ready for the transition," says Handoe, who served 30 years in the Army. "It gives you three months to learn how to speak civilian, and three months to kick the bad habits you might have had." One of the biggest challenges was losing his military identity, he adds. On the plus side, the 32 people in his fellowship cadre have become good friends.

Handoe and his family moved back to western Washington last summer – they were previously stationed at JBLM – and he's hoping to land a job helping transitioning servicemembers. Meanwhile, he volunteers for the Career Skills Program at JBLM.

"It's probably one of the best programs the services have implemented for departing servicemembers," he says.

**DREAM JOB** Maria Imamura found her dream job and the camaraderie she'd been missing from her early days as a combat bridge crew member, through the Career Skills Program. Imamura graduated from the VIP welding program in June. She's working on a liquified natural gas (LNG) plant in Tacoma and taking classes three nights a week as part of her five-year apprenticeship with the pipefitters union.

A mother of two children, Imamura would not have been able to participate without the military salary and housing benefits provided through the program. "We don't make enough to live on my husband's paycheck," Imamura says. "Daycare is \$1,100 for both kids. Rent is \$2,200. Then there's food and car insurance."

She's worked hard to prove herself as a woman – and as a veteran. "At first, the two journeymen I'm working with wouldn't talk to me," Imamura says. "Now they treat me like a little sister."

Imamura, who served 14 years in the Army, has no regrets. "They say veterans only survive five to 10 years after separating from the military," she says. "It's basically because they don't know how to integrate back into civilian society." Signing up with a skilled trade union makes the process much easier. "They have that line-unit camaraderie," Imamura says. "They take care of each other. It's just like the Army." 🌿

*Ken Olsen is a frequent contributor to The American Legion Magazine.*

Learn more about the Army Career Skills Program offerings:  
 [www.army.mil/standto/2017-07-13](http://www.army.mil/standto/2017-07-13)



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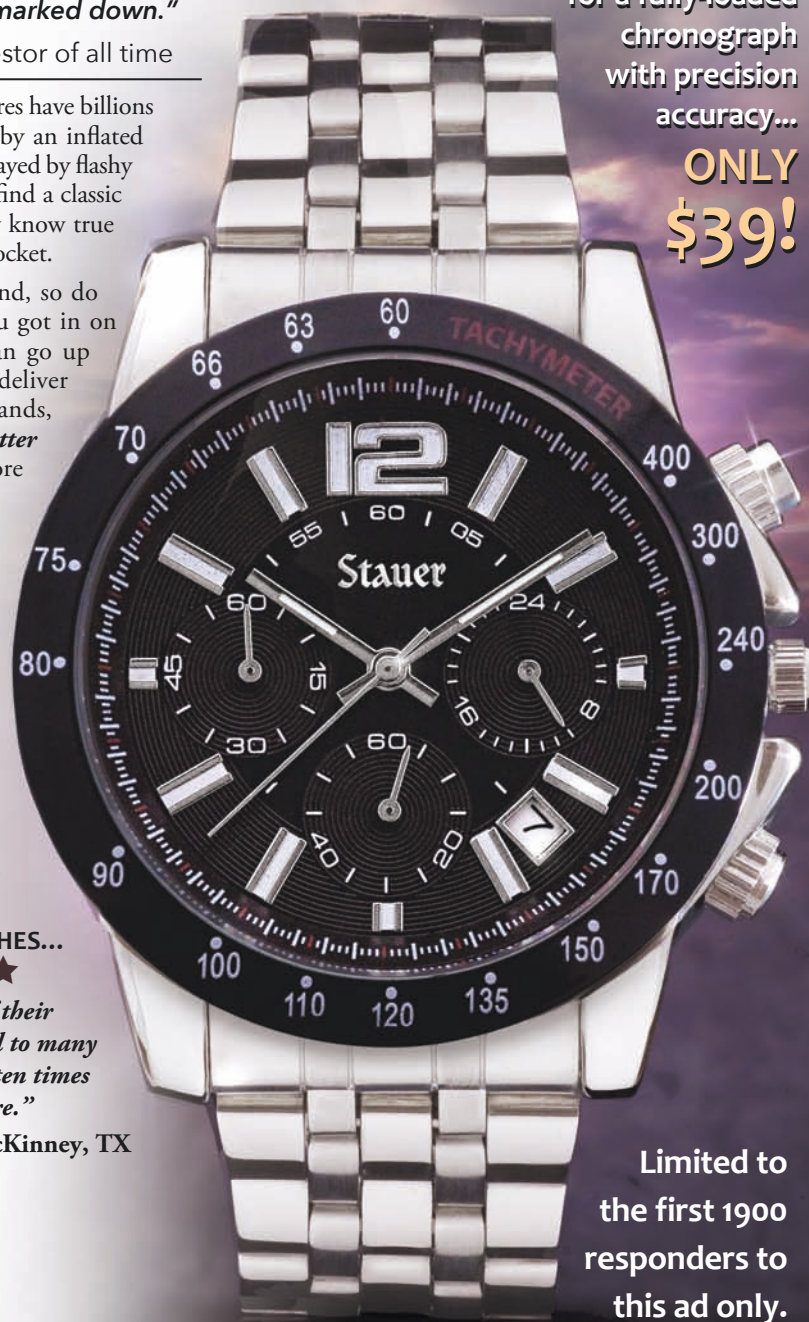
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# THE WISDOM GAP

*Our information output grows every day, but it's what we do with it that matters.*

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BY ALAN W. DOWD

**B**efore the 20th century, human knowledge doubled every hundred years. By the middle of the 20th century, it was every 25 years. Today, it's doubling every 13 months. In the near future, experts predict knowledge could double every 12 hours.

That's because humanity and its machines are producing 2.5 million terabytes of data per day. To get a sense of how much information that is, a University of Oregon researcher notes that just one terabyte equals about 85 million pages of text.

With the emergence of the "internet of things" – the digital networking of the everyday stuff of life, such as refrigerators, TVs, cars and thermostats – we will add to the amount of information we generate as well as the rate at which we generate it. Sure, a lot of this information is worthless, but some of it is priceless and precious – and private. Making use of all that information, storing and accessing it – and determining who will be permitted to use, store and access it – will require something more than intelligence.

**STARVING** "We are awash in data," Dan Coats observed during his tenure as director of national


intelligence. "It's a constant struggle to process data, analyze it and convert it into knowledge and understanding ... It's one of our greatest challenges."

In a similar vein, Jonah Goldberg of the American Enterprise Institute laments how "we drown in information, but we starve for knowledge."

Both Coats and Goldberg remind us that information does not equal knowledge. Knowledge is the process of organizing information into something usable and then applying it to a problem or a need: growing crops, inventing the printing press, conceiving constitutional government, developing vaccines, building the internal combustion engine, discovering and harnessing penicillin, envisioning jet engines and rockets, unlocking the power of the atom, constructing computing machines, linking together computer networks.

The summit of knowledge is science, which literally means "the state of knowing ... systematized knowledge." Just as we have access to far more information and data than earlier generations, we also have access to more knowledge and indeed more science than earlier generations. In fact, new technologies capable of harvesting and manipulating vast amounts of information are



A man in a military uniform, wearing a cap with "STAR" and several medals, is saluting. In the background, a woman is also saluting. The scene is outdoors with a blurred background.

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spawning new sciences, such as data analytics.

What we lack amid all this information, knowledge and science is wisdom.

“While science has increased man’s power in ways that former men never dreamt of,” political philosopher Leo Strauss observed at the dawn of the atomic age, “it is absolutely incapable of telling men how to use that power.”

That’s where wisdom comes into play – indeed, where it is essential. What today’s world is really starving for is wisdom.

**SHINING** Just as an accumulation of information doesn’t automatically yield knowledge, an accumulation of knowledge doesn’t automatically yield wisdom.

James Kelly was a professor of physiology and medicine in the 19th century, which means he had accumulated quite a storehouse of knowledge. Yet Kelly told his students, “Knowledge is to wisdom as the raw material is to the manufactured article – crude and comparatively worthless.”

Knowledge, in other words, is a staircase to wisdom. But knowledge alone does not make us wise. To illustrate this point, take a moment and think about the smartest person you know – the person who has all the answers at work, all those degrees on her wall, all those letters next to his name testifying to all this knowledge. Now, think about the wisest person you know – the person you seek out for counsel when you’re faced with a challenge, the person to whom you turn for advice when you have an important decision to make.

The odds are high that you’re thinking of two different people – that the smartest person you know is not the wisest person you know.

The point: Wisdom is more than intelligence, more than turning data and information into knowledge. Wisdom is the art, the craft, indeed the gift of sifting through knowledge, mixing it with judgment and experience, and then applying it to the challenges of life.

That’s an imprecise definition because wisdom, unlike knowledge, is an imprecise quality. Wisdom cannot be honed into a science. Wisdom cannot be defined by a formula. Wisdom cannot be obtained by a course of study. Yet we know it when we see it or hear it. As the Bible’s Book of Daniel puts it, “Those who are wise will shine like the brightness of the heavens.”

Indeed, most religions emphasize the importance of wisdom. The three great monotheistic traditions – Judaism, Christianity and Islam – all agree that wisdom is a gift from God.

The Koran is full of references to wisdom, or *hikmah*, and makes a distinction between wisdom and knowledge.

In Buddhism, an entire book of “The Way of the Bodhisattva” is devoted to wisdom. Buddhism’s *bodhicitta* is a mix of experience, learning and compassion that leads to wisdom and an “awakening mind.” Buddha is credited with saying, “Wisdom springs from meditation; without meditation wisdom wanes .... One is not wise because one speaks much.”

A large chunk of the Bible’s “wisdom books” were penned by Solomon, who made a point in Proverbs similar to Buddha’s: “Fools find no pleasure in understanding but delight in airing their own opinions .... Even fools are thought wise if they keep silent, and discerning if they hold their tongues.”

The takeaway from Buddha and Solomon is that we cannot learn from others while talking, that wise people tend to limit the number of words they say (and write), and that a fool says whatever comes to mind. This admonishment seems especially apt in our age of 24-hour talking heads, Twitter tweetstorms and Facebook philosophy.

Hinduism calls on its practitioners to pursue “the way of wisdom.” As Harvard University’s Pluralism Project explains, this process is “not simply book-learning, but deep insight” that is “difficult to acquire on one’s own.”

Likewise, Confucius suggested that wisdom comes through applying what has been learned and observed. “To listen to much, select what is good and follow it,” he explained in the “Analects” – “to observe much and to mark it in memory” lead to knowledge and wisdom.

In a similar way, Solomon concluded that wise people are open to learning, “store up” and “seek” knowledge, welcome instruction and “listen to advice.” According to Proverbs, “Plans fail for lack of counsel, but with many advisers they succeed.” This is true for individuals and nations alike: “For lack of guidance a nation falls, but victory is won through many advisers.”

Again and again, we see that a hallmark of wisdom is to seek advice and insight from others.

**WRESTLING** Many of these attributes of wisdom come with living and experience, which is why we generally identify wisdom with gray hair and wrinkled skin.

Of course, all of us know old people who are foolish and young people who are wise beyond their years. Yet age and experience, like distance, tend to bring perspective. Consider the vast differences



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between a battle-hardened veteran and a green recruit, a couple celebrating their 40th anniversary and a pair of newlyweds, a grizzled 10-year pro and a just-drafted rookie. In most cases, experience plus knowledge yields wisdom. One without the other yields something else.

If we listen and learn from those with experience and knowledge, we can avoid many problems – and better handle problems that are unavoidable. Jesus taught about the “wise man who built his house on the rock” and the “foolish man who built his house on sand.” Both faced storms and floods, but only the wise man’s house survived.

Again, this is true for individuals and nations alike. Solomon wrote that wisdom “will save you from the ways of wicked men ... whose paths are crooked and who are devious in their ways” – from those who violate treaties, who plot treachery and aggression, who turn government from a servant of the people into a tool of oppression, who twist religion into a license for mass murder, who misuse information and knowledge and science.

That brings us back, in a roundabout way, to Coats’ concerns. Do today’s leaders in elective office and business, in the intelligence community and the military, in education and health care, in computer technology and bioscience, have the wisdom to make proper use of the tidal wave of information inundating them?

As our leaders wrestle with the ramifications of artificial intelligence’s (AI) manipulation of data and CRISPR’s manipulation of genes and deep-fake manipulation of images, with stateless enemies and endless wars, with digitization and biotechnology and robotics, with hypersonic weapons that scream toward their targets at a mile per second, with pilotless aircraft that remove humans and risk from the calculus of war, with the rise of China and the decline of the postwar order, with cyberattacks that move at light speed, they need wisdom. So do the rest of us. Yet there’s an expanding gap between knowledge and wisdom in our society, with the amount of knowledge exploding and our reserves of wisdom dwindling away.

If you doubt this, consider the decline in organized religion. In 1948, 76 percent of Americans were members of a church, synagogue or mosque. In 2003, that number had fallen to 64 percent. Today, it’s just 50 percent. Since the nation’s founding, Americans have believed that religion serves as a foundation stone for free government and a repository of wisdom. We don’t have to worship on the same days or in the same ways to recognize this truth.

Consider the growing ignorance of history. Just half the American public can identify when the Civil War was fought. Sixty percent of Americans cannot name the nations we fought in World War II. Only 55 percent of millennials – now the largest generation in the United States – agree that “communism was and still is a problem,” according to a 2016 study.

Consider the evaporating understanding of civics and political institutions. Just 26 percent of Americans can name our three branches of government. Only 40 percent of Americans can list any of the freedoms guaranteed by the First Amendment. Fifty-seven percent of Americans don’t know how many justices sit on the Supreme Court. Just 37 percent of Americans can name their member of Congress.

In place of faith, history and pillar institutions – all wellsprings of wisdom – Americans are embracing selfie-narcissism. At their core, YouTube, Twitter, Facebook, LinkedIn, Instagram, SnapChat, TikTok and other social networking platforms focus on the self: self-promotion, self-image, self-interest, self-congratulation. There’s no time or place in this digital age for introspection, learning from or listening to others, or understanding the lessons of the past.

The resulting “wisdom gap” leaves us ripe for manipulation, at risk of being swayed by the loudest or newest or flashiest thing, unaware of threats and unprepared for dangers. And as science and technology push the bounds of the possible, the “wisdom gap” will render us increasingly unable to wrestle with how far those bounds should be pushed. As President John F. Kennedy observed, science “has no conscience of its own.”

These cultural trends are worrisome because tomorrow’s leaders are the product of today’s culture. A culture that devours information while devaluing wisdom – a culture that disregards faith, history and pillar institutions – will find it increasingly difficult to produce leaders with wisdom.

These trends can be reversed, however. According to Proverbs, if we spend time “walking with the wise,” if we “listen to advice,” we can become wise – or at least wiser.

This is a hopeful reminder that wisdom can be handed down generation to generation. That’s good news. But we have to start listening and learning again. 🌿

*Alan W. Dowd is a senior fellow with the Sagamore Institute.*



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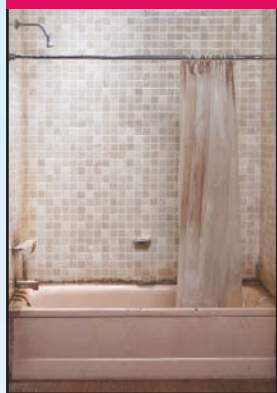


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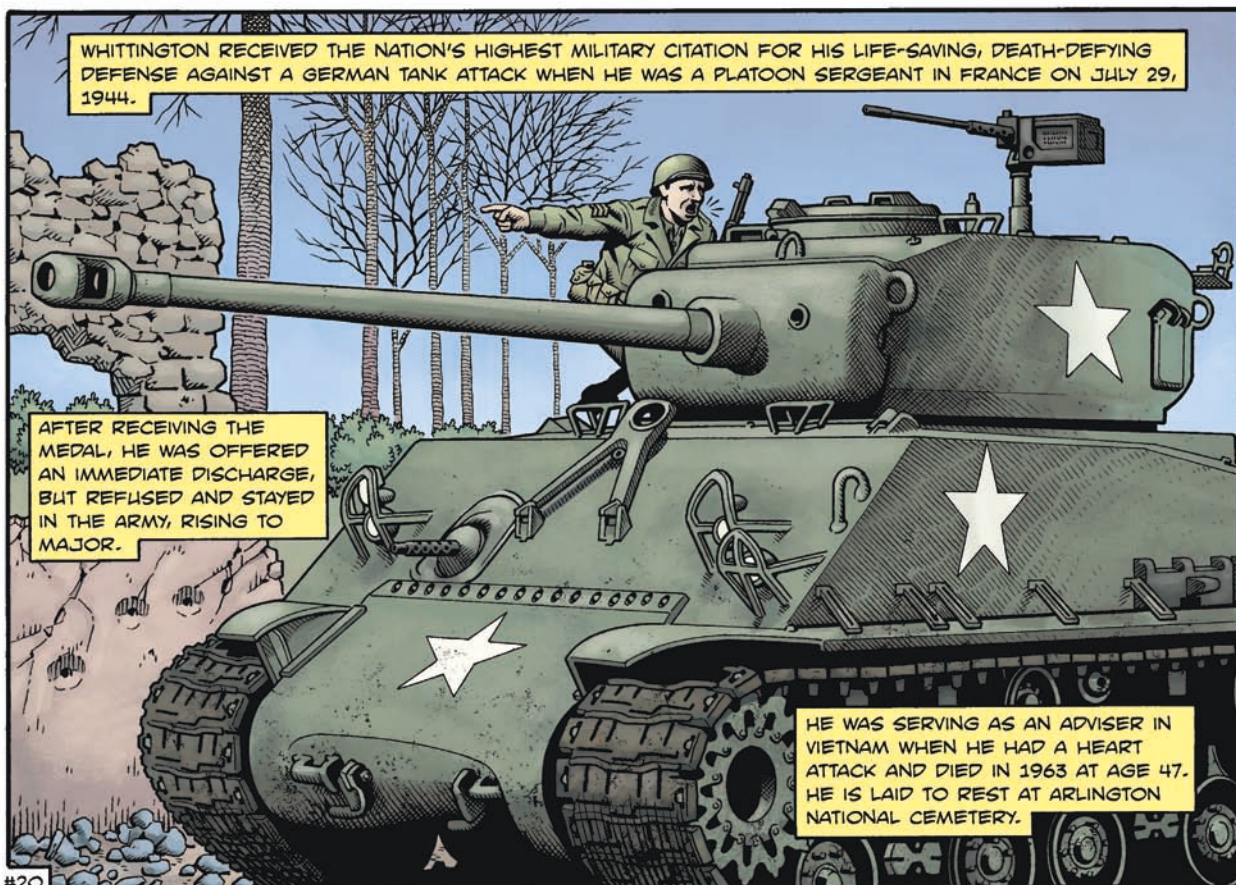
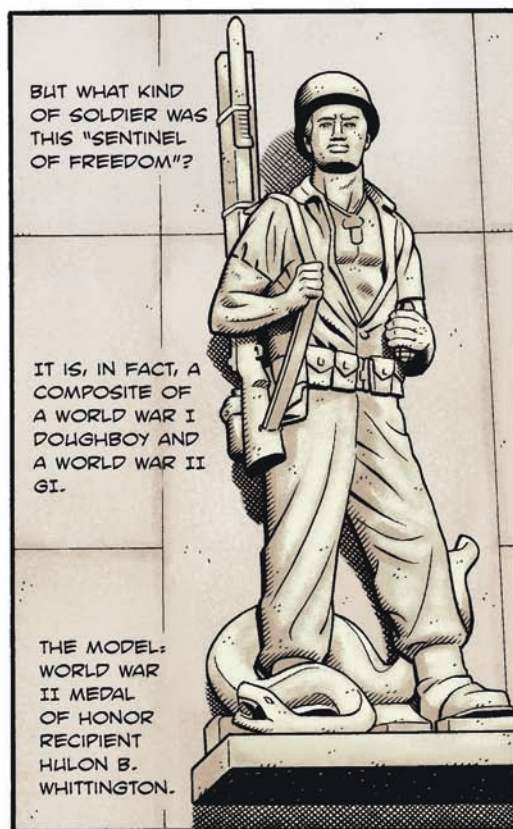
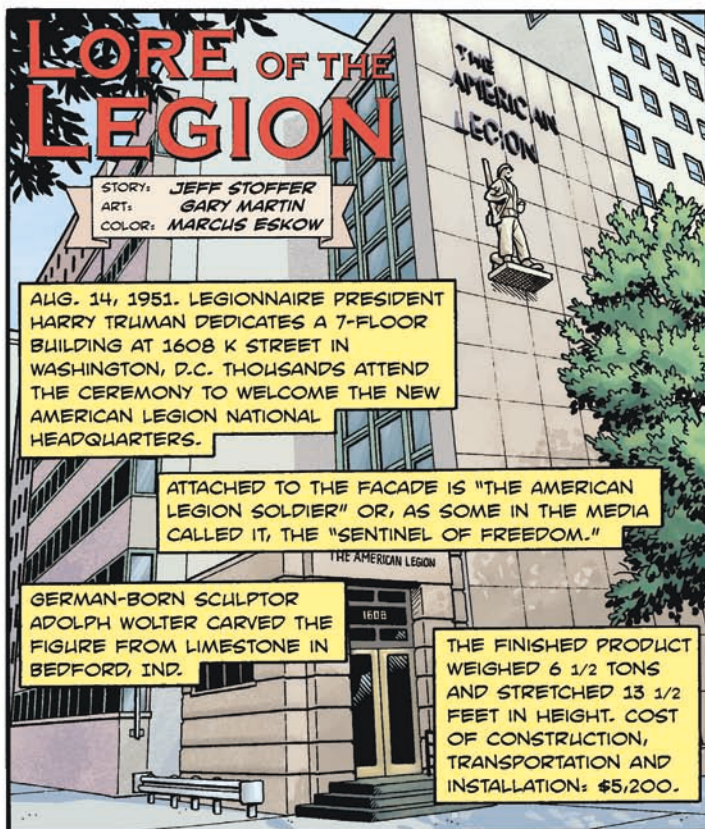
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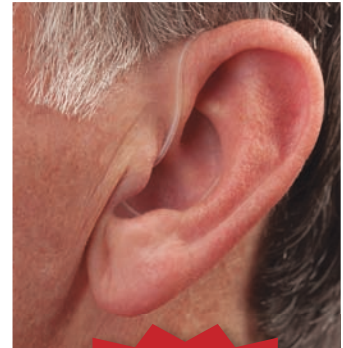
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*Jimmy Mathews, left, and John Ring head out of Weatherford, Texas, on Jan. 27, on a leg of the Buddy Watch Walk Pier to Pier, their mission to travel across the country on foot to raise awareness about PTSD and other veterans issues. They plan to finish their journey May 8 in Santa Monica, Calif.* Photo by Schelly Stone

## VETERANS SUPPORT

# Legion buddies walk 2,462 miles to support veterans

John Ring's experience helping a woman veteran get VA assistance inspired his Buddy Watch Walk Pier to Pier mission, a 2,462-mile walk from Georgia's Tybee Island Pier to the Santa Monica Pier in California. His goal is to raise awareness about veterans issues such as post-traumatic stress disorder (PTSD), military sexual trauma (MST), homelessness and suicide.

"It basically started with one person's struggle," he says. "Now we're trying to help as many veterans as possible, and not just veterans, but family members, too. Spouses of veterans who are dealing with PTSD because of their spouse. Not only are we creating an epidemic of veterans suffering, now we're even going into the family members and the children."

Ring, a specialist in the Georgia Army National Guard's 48th Infantry Brigade and a member of American Legion Post 135 in Savannah, Ga., started walking Oct. 1. It began as a solo effort, but seven weeks into his journey, Ring was joined by a friend and fellow Legionnaire who will finish with him May 8 in Santa Monica.

A former Army master sergeant, Jimmy Mathews heard of the Buddy Walk on social media and reached out to Ring. "I told him I was inspired by what he was doing and would like to walk with him," says Mathews, who met up with Ring in Pearl, Miss., on Nov. 18, four days after his retirement. "Once I joined up with him and started walking, I just decided to go all the way."

Hundreds of miles into the walk, Mathews – a member of American Legion Post 345 in Austin, Texas – has already noticed a difference in his own experience of PTSD. "The walk is helping me cope. My anxiety's a lot lower than it was when I got out of the military."

As the pair crossed Alabama, Mississippi and Texas, they

received assistance from American Legion posts and departments. "It's something our department feels very strongly about and I feel very strongly about," says James Gillespie, membership assistant for the Department of Alabama. "We're well aware of, and supportive of, reducing the veteran suicide rate."

After a three-hour conversation, Gillespie booked Ring a hotel room and brought him to American Legion Post 133 in Millbrook for a steak dinner.

A Gulf War-era Air Force veteran, Gillespie served roughly the same time as Ring. He occasionally checks in on the two men, giving them a call or scrolling through their Facebook page. "I do it to make sure they are OK, and to see the progress of how the Legion and other cities and towns are spreading the word as they head further west."


Paul Dillard, past commander of the Department of Texas and candidate for national commander, praised Ring and Mathews for their efforts to raise awareness about PTSD, homelessness and other veterans issues.

"It's great to see these next-generation veterans who are coming home and doing things like this," he says. "With these efforts, maybe we can get the attention of the congressional leaders and then maybe they can do a little bit more for veterans."

Ring and Mathews have slept outside only twice since they left Montgomery, Ala. "The American Legion has been amazing with its support," Ring says.

– Henry Howard

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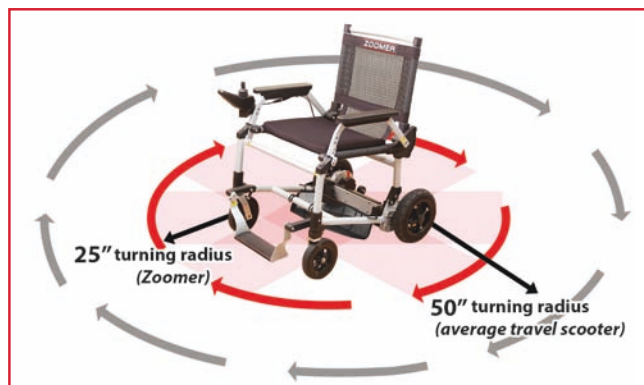
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## POLITICS

## Odd man out

Everyone knows that 2020 is an election year. For the vast majority of states, elections for federal and statewide offices are held in even-numbered years. But five states – Kentucky, Louisiana, Mississippi, New Jersey and Virginia – hold major statewide elections in off years. As NPR reports, the main motivation is to ensure that gubernatorial elections are not overshadowed by presidential elections.

## ACTIVE DUTY

## Army reactivates V Corps

The Army is re-establishing the Fifth Corps, or V Corps, to coordinate with NATO allies “in countering potential threats from Russia,” *The Wall Street Journal* reports. The original Army V Corps was created in World War I and operated until 2013, when it was deactivated. At the time, the corps was based in Germany. “The new V Corps headquarters will be based at Fort Knox, Ky., and will include more than 600 troops,” according to the *Journal*. “About 200 soldiers will take turns rotating through Europe once a site for a European command post is selected.”



## FOREIGN AFFAIRS

## Defector chooses democracy over dictatorship

The most senior diplomat ever to have defected from North Korea is running for parliament in South Korea.

As the *Guardian* reports, Thae Yong-ho was deputy ambassador at the North Korean embassy in London when he defected with his wife and two sons in 2016, and has since become one of the regime’s most vocal critics. In response, North Korea has labeled him “human scum.”

Thae is running as a member of the Liberty Korea Party, the Republic of Korea’s current opposition party. “Thae is someone who risked his life for freedom,” party official Kim Hyong-o said. “As a person who understands the sorrow of the 10 million separated families, and as one of 25 million North Koreans, he could present a vision for peace.”

If elected, Thae would be the second North Korean defector to win a seat in the National Assembly. Cho Myung-chul, who escaped North Korea in 1994, served as a lawmaker from 2012 to 2016.

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A U.S. soldier with liberated prisoners of the Mauthausen concentration camp in Austria, May 1945.

United States Holocaust Memorial Museum

## REMEMBRANCE

# WHAT THE ALLIES FOUND

Throughout the spring of 1945 – as the Allies started overrunning former Axis territory – the death camps put into operation at the beginning of the war were liberated. With no single all-encompassing record, the numbers of those lost have varied over the decades, but the United States Holocaust Memorial Museum in Washington, D.C., published the most comprehensive study to date in 2013.

The following numbers are the current best estimate of civilians and captured soldiers killed by the Nazi regime and its collaborators.

**42,000** Estimated number of camps and ghettos throughout Europe

**6 million** Jews

**5.7 million** Soviet civilians

**3 million** Non-Jewish Soviet prisoners of war

**300,000** Serb citizens

**250,000** Roma (gypsies)

**250,000** People with disabilities, living in institutions

**100,000+** Jehovah's Witnesses, homosexuals and German political opponents

*"I never was so sure before of exactly what I was fighting for. Before this you would have said those stories were propaganda, but now you know they weren't."*

**An anonymous U.S. soldier** who witnessed the aftermath of the 1945 Gardelegen massacre, as quoted by *The New York Times* and *The Washington Post*. Soldiers of the U.S. Ninth Army found the charred bodies of more than 1,000 concentration camp prisoners inside a barn deliberately set on fire by German SS and Luftwaffe soldiers and boys from the *Hitler-Jugend*.

*Liberated prisoners in the Mauthausen concentration camp welcome cavalymen of the 11th Armored Division with a banner made by Spanish Loyalists.* National Archives







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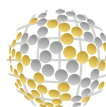
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## EDUCATION

## Legacy Scholarship opens doors for aspiring nurse

Rosa-Maria Valdes wants to be like her father, Albert, who taught her the values of service, selflessness and taking care of family.

That's why she's attending a 16-month accelerated nursing program at the Massachusetts College of Pharmacy and Health Sciences in Manchester, N.H. A California native, Valdes is staying with family, but she still needed scholarships to defray the cost of her education.

The American Legion Legacy Scholarship assisted Valdes in continuing her schooling after she received an undergraduate degree in public health at the University of California, Berkeley.

"When I found out I received the Legacy Scholarship, I was thrilled," she says. "My dad's response was pure excitement. He was so happy because when I got into school finances was one of the first concerns."

Albert Valdes is a 22-year Air Force veteran and member of American Legion Post 31 in Salinas, Calif.

The American Legion Legacy Scholarship is awarded annually to children of post-9/11 veterans who were killed on active duty or have a combined VA disability rating of 50 percent or greater. Applications for the 2020 year are due April 15; go to [legion.org/scholarships/legacy](https://legion.org/scholarships/legacy).

Once she completes the nursing program, Valdes plans to attend graduate school and eventually become a midwife. "This scholarship has made a huge difference in the stress I would have had if I had to pay completely out of pocket, especially knowing that I have two to three more years of school," she says. "I have a lot of plans and being in debt is not one of them."

Valdes has strong ties to The American Legion. During high school, her Junior ROTC program worked with a local post on various events, and she attended California American Legion Auxiliary Girls State in 2010.

"The Legion supported my JROTC program quite a bit," she says. "When I was looking at ways to fund my education, scholarships seemed limited. But The American Legion popped up. It does a lot to support military families." She also used her father's GI Bill benefits. "He has always taken care of his family. Even now, he helps me where he can."

She adds, "I don't tell him this, but I think a lot of my best traits come from him. Outside his service with the military, I have always seen him helping others. That is why I want to take care of people in some capacity, and for me that is going to be through nursing."

She adds, "I am eternally grateful for this opportunity The American Legion has given me."

— Henry Howard

Watch a video interview with Rosa-Maria Valdes online:

[legion.org/legiontv](https://legion.org/legiontv)

## EDUCATION

## GI Bill benefits and non-degree institutions



**Q:** I'm attending a welding school in Texas, using my Chapter 33 GI Bill benefits to become a certified welder. The cost of the program is \$18,500, and the length is three weeks. The school said I am a full-time student since I attend 40 hours per week.

*I read that veterans will receive 36 months of full-time benefits if they attend at the full-time rate, but I received a letter from VA stating that my entitlement was reduced to 27 months. Why am I losing nine months of benefits if my program is only three weeks long?*

**A:** If you are enrolled in a program at a non-degree institution, your entitlement is charged each month for one-12th of the current annual private-school tuition cap. The cap for the 2019-2020 academic year is \$24,476.79. So if your program runs between Aug. 1, 2019, and July 31, 2020, you would be charged approximately 9.069 months of entitlement.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. [askvalerie@legion.org](mailto:askvalerie@legion.org)

## SOCIETY

## Prohibition, 100 years later

**\$11 billion** Amount of tax revenue the federal government lost due to Prohibition

**\$300 million** Amount the federal government spent enforcing Prohibition

**\$40 million** Amount doctors made prescribing "medicinal whiskey"

**\$3.6 billion** Amount the bootleg alcohol market generated in 1926 alone

Sources: CNBC/Garrett Peck





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cuffs and hem, and a soft fleece lining. The hood features contrasting light brown thermal lining and metal toggles on the cords. Imported.

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## CAREERS

## The booming gig economy



If you're actively engaged in a job search, chances are you've heard about the "gig economy." Simply put, a gig economy is a labor market characterized by the prevalence of short-term contracts and freelance work as opposed to permanent jobs.

In years past, these types of gigs were generally considered unfavorable. However, the world of work has changed dramatically over the past 10 years. Before you dismiss gig opportunities, consider these two important facts as recently reported by Monster.com:

- Median monthly income for the top 15 gig jobs ranges from a low of \$100 to as much as \$500.
- Maximum monthly income for these same gigs ranges from a low of \$1,500 to as much as \$7,000.

So what are some of the top gig jobs, and are you qualified for them? In no particular order, these gigs include freelance consulting, fitness training/coaching, computer training/repair, website design/support, direct sales, property sales/rentals, e-commerce/drop shipping, teaching/tutoring, ridesharing, online product sales, caregiving, landscaping/gardening, and photography/videography.

Pay special attention to "freelance consulting." You may have unique areas of expertise you could potentially parlay into your own consulting firm, or use to align with an established firm. Potential areas of consulting expertise include logistics and supply management, human-resources training, project management, electronics engineering, product development ... the list goes on.

Of course, these gigs might be considered riskier than traditional corporate or government jobs, where you can rely on a steady paycheck and often a good benefits package. However, gigs offer flexibility and diversity in your work-life, not to mention that many of these opportunities pay quite well. Only you can decide whether a gig or a job will be best for you and your family. And, of course, you can always consider supplementing your full-time job with a part-time gig to get the best of both worlds.

There are numerous websites dedicated solely to the gig economy, where you can find a vast array of opportunities for skilled labor, professional and managerial opportunities: Guru, Fiverr, Freelancer, GrooveJob, goLance, LinkedIn's ProFinder, Communo, HR Lancers, Jobility, GigX and GigNow. Google "gig economy jobs" to identify even more opportunities.

Wendy Enelow is co-author of "Modernize Your Résumé: Get Noticed ... Get Hired" and "Expert Résumés for Military-to-Civilian Transitions."



## NATIONAL CONVENTION

## Steamboat rides, baseball and more in Louisville



The world's largest operating steamboat, *Belle of Louisville*, and its sister vessel *Mary M. Miller* will offer a number of onboard meal events during the 102nd American Legion National Convention in Louisville, Ky., as they travel up and down the Ohio River.

Lunches (starting at \$40.99) and suppers (starting at \$48.99) are available Aug. 28 through Sept. 3. Learn more about the riverboats at [belleoflouisville.org](http://belleoflouisville.org) or call (502) 574-2992.

## AMERICAN LEGION FAMILY NIGHT AT SLUGGER FIELD

On Sept. 2, the Louisville Bats (the Triple-A affiliate of the Cincinnati Reds) will take on the Toledo Mud Hens (the Triple-A affiliate of the Detroit Tigers) at Slugger Field near the riverfront. The game begins at 6:30 p.m. Tickets are \$11, and available on a first-come-first-served basis. Seating is limited. Go to [legion.org/convention/resources](http://legion.org/convention/resources) to order tickets.

## EXHIBITING, SPONSORSHIP OPPORTUNITIES

The 2020 Convention Marketing Opportunities package is now online, with information on exhibiting at and sponsoring (on several different levels) this year's national convention. Hours for the Exhibit Hall in the Kentucky International Convention Center will be 8 a.m. to 3:30 p.m. Aug. 28, 29 and 31, and 8 a.m. to 2 p.m. Aug. 30 and Sept. 1.

[legion.org/convention/resources](http://legion.org/convention/resources)

(317) 630-1292

[brobinson@legion.org](mailto:brobinson@legion.org)

## PERSONAL FINANCE

## Retirement shortfalls

- 62** Percent of Americans who say they "need to catch up and build up their nest eggs"
- 73** Percent of Generation Xers (ages 39 to 53) who say they need to make up ground on retirement savings
- 66** Percent of millennials (ages 23 to 38) who say they need to make up ground on retirement savings
- 51** Percent of baby boomers (ages 55 to 73) who say they need to make up ground on retirement savings

Sources: USA TODAY, TD Ameritrade, Harris Polling



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## PERSONAL FINANCE



# Time for a retirement review

## FOCUS ON FINANCES



J.J. MONTANARO

It's spring-cleaning time, and this year I hope you look at freshening up your retirement plan. While the results may not be as visually satisfying as pulling into a well-organized and clean garage, the long-term implications are significantly greater.

Retirement planning spans most of your life, from the time you launch your career until you take your final breath. Stashing money in IRAs or 401(k)s is part of the planning, but there's a lot more to consider. Here are five retirement-planning factors that deserve your attention:

■ **Taxes** As Ben Franklin pointed out, they are a certainty. Whether you're working toward retirement or living in it, taxes are an important consideration. If retirement is in your future, utilize an appropriate mix of Roth, traditional and taxable accounts, which allows you to reduce your taxes today, build a stream of tax-free income and retain the flexibility to access money when you need it. During retirement, you want to be strategic about which accounts you pull money from to save tax dollars and extend the sustainability of your portfolio.

■ **Longevity** There's always a risk that you'll outlive your assets. According to Social Security, the average 65-year-old man can expect to live to 84. As a couple, your life expectancy will extend well beyond that figure. Are your finances prepared? Tools like immediate annuities, longevity insurance and careful attention to the next two factors I'll discuss are all part of ensuring that you are prepared for the long haul.

■ **Savings rate** If you're still working and saving for eventual retirement, are you saving enough? A common rule of thumb is to save 10 percent for retirement. That may work for a 22-year-old, but probably not for a 52-year-old. My point? There's no time like this spring to work with an online calculator or engage the help of a financial planner to see where you stand. Your savings rate is one of the few "retirement levers" over which you have sole control. Use it liberally.

■ **Withdrawal rate** Similarly, retirees have at least a modicum of control over how much money they are pulling from their retirement portfolios. These withdrawals should not be a fire-and-forget proposition. Outsize (or undersize) market returns, changing expenses and ever-present inflation all need to be accounted for. Is your current program sustainable?

■ **Portfolio management** As of the end of 2019, we have enjoyed a bull market for over a decade. I have no crystal ball, but it would seem we are due for a reversal. If nothing else, that makes this spring an ideal time to review your portfolio. If you've let the winners ride for the past decade, you may be in a much more aggressive spot than makes sense given your personal situation. There's no one-size-fits-all approach to address any of these factors, but they should all should be part of your lifetime of retirement planning.

*J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.*

 [legion.org/usaa/focusonfinances](https://legion.org/usaa/focusonfinances)

## MEMBERSHIP

## NEW POSTS

**Post 333, Arlington, Wash.** Chartered Jan. 28 (15 members)

**Jason C. Finan Post 999, Laguna Niguel, Calif.** Chartered Jan. 27 (15 members)

**Henry Drake-Ricky D. Zizelman Post 2019, Mendon, Ohio** Chartered Jan. 27 (30 members)

**Doug Dunaway Post 790, Sharonville, Ohio** Chartered Jan. 24 (25 members)

**Post 231, Wetumpka, Ala.** Chartered Jan. 22 (15 members)

**Sammy Feldman Post 87, Holly Grove, Ark.** Chartered Jan. 22 (16 members)

**Edward F. Ucinski Sr. Post 302, Fenton, Mo.** Chartered Dec. 27 (15 members)

## HONOR &amp; REMEMBRANCE

**He was a very humble, very quiet hero. He didn't want or seek the attention he received.**

**Randy Stratton**, son of Pearl Harbor survivor Don Stratton, 97, who died Feb. 16. Stratton and five other sailors were in the battleship *Arizona's* burning forward mast when a sailor from *Vestal* threw them a line. "He crawled hand over hand, high above the water to safety, being burned over 70 percent of his body," according to a National Park Service Facebook post. Stratton re-enlisted and served out the war until his discharge in 1946. His death makes Lou Conter and Ken Potts the last living members of the *Arizona* crew.

Source: Lincoln Journal Star



Photo by Lucas Carter





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## How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information via our website, [www.legion.org/reunions](http://www.legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

## Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

## AIR FORCE / ARMY AIR FORCES

**408th MMS (1968-1970)**, Dubuque, IA, 9/20-24, Jim Snyder, (319) 350-7928, [jsnyder1941@gmail.com](mailto:jsnyder1941@gmail.com); **463rd Airlifters Assn & 316th Tact Airlift Wing (1965-1975)**, Dayton, OH, 7/27-8/2, Linda Kirkpatrick, (765) 461-9759, [kirkpatrick\\_linda@comcast.net](mailto:kirkpatrick_linda@comcast.net); **555th Red Horse Sqdn**, Austin, TX, 7/29-31, Sam Elizondo, (956) 224-0558, [minombreesmas@gmail.com](mailto:minombreesmas@gmail.com); **601st Tact Cntl Assn/664th AC&W**, Dayton, OH, 6/24-28, Paul Mussolino, (937) 838-0812, [mussolino@earthlink.net](mailto:mussolino@earthlink.net); **Aerial Recon Assn**, Sisters, OR, 6/18-21, Bill Harwood, (971) 219-5144, [billandcath@comcast.net](mailto:billandcath@comcast.net); **Aircrew Life Support/Flt & Survival Equip (USAF PE/ALS/AFE/SE)**, Laughlin, NV, 9/21-25, Andy Graves, (207) 228-3350, [rummy54@yahoo.com](mailto:rummy54@yahoo.com); **Air Force One Former Aircrew & Maint Crew**, Dayton, OH, 8/6-9, Kim Johnson, (865) 399-6427, [kimjohnson49@comcast.net](mailto:kimjohnson49@comcast.net); **C-123s in SE Asia**, Dayton, OH, 4/27-5/1, Sue Rice, (417) 872-9750, [ricepad13@gmail.com](mailto:ricepad13@gmail.com)

## ARMY

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*I wish the buck stopped here. I could use a few.*

**A MAN** went to the doctor, concerned about his wife's hearing. "Go back home and say something to her," the doctor suggested. "Tell me how close you are when she hears you."

The man went home and saw his wife in the kitchen, cutting carrots. From 15 feet away, he said, "Honey, what's for dinner?" Nothing. He walked halfway to her and repeated the same question. Nothing. Concerned, he stood right behind her and asked again, "What's for dinner?"

She turned around and exclaimed, "For the third time, beef stew!"

**A NEW SOLDIER** was on sentry duty at the main gate. His orders were clear: no car was to enter unless it had a special sticker on the windshield. A large Army vehicle pulled up with a general seated in the back. The sentry said, "Halt, who goes there?"

The chauffeur, a corporal, said, "Gen. Smith."

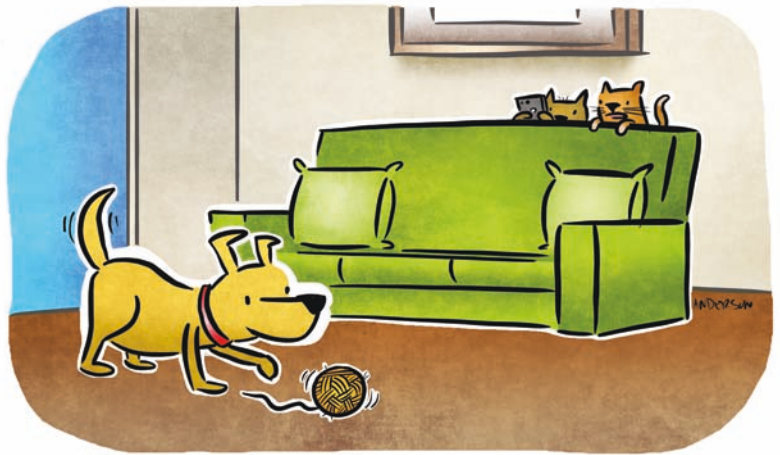
"I can't let you through. You've got to have a sticker on the windshield."

The general said, "Drive on!"

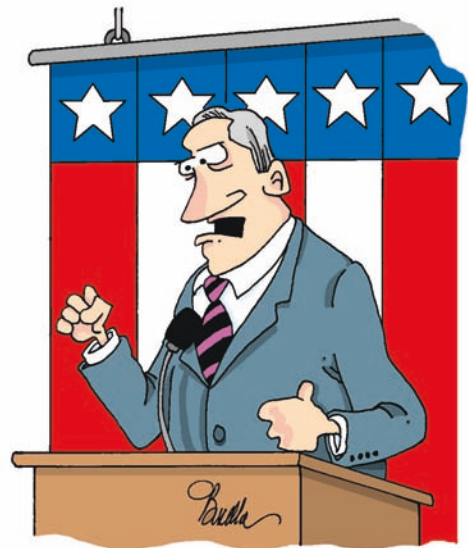
The sentry said, "Hold it! You really can't come through. I have orders to shoot if you try driving in without a sticker."

The general repeated, "I'm telling you, son, drive on!"

The sentry walked up to the rear window and said, "General, I'm new at this. Do I shoot you or the driver?"



"Tell me you're getting this."



"And I promise to bring back to American robots jobs that have been lost to foreign robots!"

**A PROFESSIONAL JUGGLER**, driving to his next performance, is stopped by the police.

"What are you doing with these matches and lighter fluid in your car?" the police officer asks.

"Actually, officer, I'm a juggler. I juggle flaming torches in my act."

"Oh yeah? Let's see you do it."

The juggler gets out of the car and begins juggling the blazing torches masterfully.

A couple driving by slows down to watch the performance. "Wow," the driver says to his wife. "I'm glad I quit drinking. Look at the test they're giving now!"

**JUST CHANGED** my Facebook name to "No one" so that when I see stupid posts I can click "like" and it will say "No one likes this."

**"PROOF THAT** we don't understand death is that we give dead people a pillow." – Jerry Seinfeld



"Studies show that time off improves productivity. So here's some stuff to work on in Hawaii."





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